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Learning to Cook : Extension Circular 9-01-2

Jessie G. Greene

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EXTENSION CIRCULAR
9-01-2

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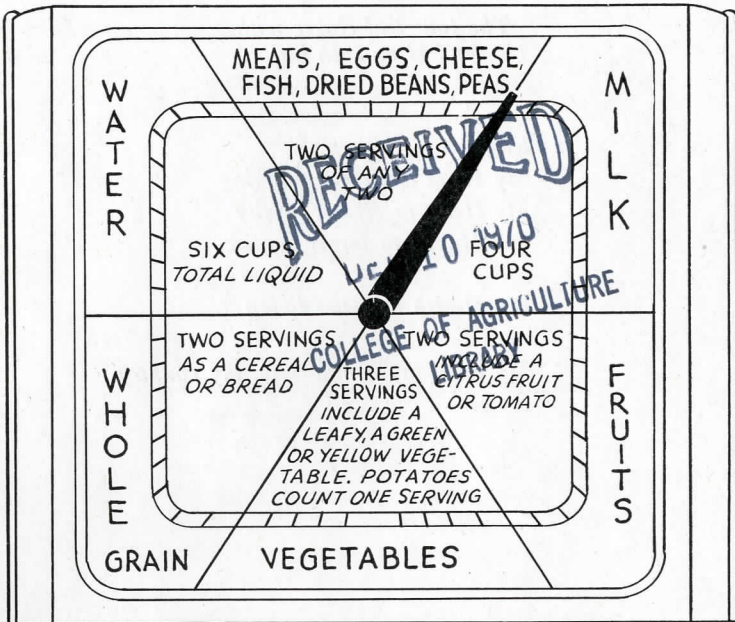
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LINCOLN, NEBRASKA

Learning to COOK

PREPARED FOR 4-H COOKING CLUBS



The FOOD CLOCK

IT TELLS YOU WHAT TO INCLUDE
IN YOUR DAILY DIET.

THE UNIVERSITY OF NEBRASKA AGRICULTURAL
COLLEGE EXTENSION SERVICE AND UNITED STATES
DEPARTMENT OF AGRICULTURE CO-OPERATING
W.H. BROKAW, DIRECTOR, LINCOLN

CLUB MOTTO
To Make the Best Better

CLUB COLORS
Green and White

CLUB EMBLEM
*The four leaf clover with
and H on each leaf*

I Pledge

My Head to clearer thinking

My Heart to greater loyalty

*My Hands to larger service
and*

*My Health to better living
for*

My club, my community, my country.

Learning to Cook

JESSIE G. GREENE

OUR "Learning to Cook" problems will help us to do two things that nearly every girl wants to do. The first is to have fun while we are learning how to cook, and the second is to help Mother. Learning to can fruits is also a part of the cooking project. The food we eat and the way it is prepared make a difference in our health, so while we are learning to cook we will also learn what foods are best for our health. The food clock has an interesting story to tell about foods for health. Good health helps us to be cheerful and happy, so let us add another to the four H's of our club pledge, a fifth H for Happiness.

PROBLEM NUMBER	REQUIREMENTS	NUMBER OF TIMES
I	Prepare: Chocolate cream pudding	1
	Cookies	1
	Muffins	2
	Read pages 8 to 11.	
II	Prepare: Cream soup	2
	Other vegetable dishes	3
III	Lay the table help serve meals	5
	Prepare: Eggs	2
	Meat	2
	Cheese	1
	Play the "Go Shopping" game.	
IV	Record menus for breakfast, dinner, and supper	1
	Make cup cakes or cake	1
V	Plan breakfast, dinner and picnic supper menus by food clock, and record menus	1
VI	Can 5 jars of fruit of at least two varieties	

Problem I—Deserts—Judging

ASK Mother if you may make the dessert for supper some day when it is convenient for her. The kind of dessert which Mother wants you to make will depend upon the other foods she has planned for the day. It takes a great deal of study and thought to plan meals which meet the needs of the whole family and which will help us to live our best. We hope that club girls will learn enough about selecting foods that they may *help Mother plan* as well as prepare the home meals.

It is important to get the right start if you are to be a good cook, so throughout these problems directions are given which will help you to start correctly. First read the entire recipe carefully, then read pages 8, 9, 10, and 11 so that you will know how to measure, know the meaning of abbreviations, and how to use the double boiler. Ask Mother to read the recipe with you and explain the parts which are not clear to you.

"Learning to Cook" recipes are small so that they can be easily handled by beginners. Some club girls have discovered after making a recipe that it is not large enough to serve the family. After preparing each recipe, write down the number of servings it makes so that next time you will know how many times to enlarge it. A place to write in the number of servings is found on the line below the title of each recipe.



FIG. 1.—Read the recipe carefully.

DESSERTS

CHOCOLATE CREAM PUDDING

Number of servings —

$\frac{3}{8}$ c. sugar	2 c. milk
$3\frac{1}{2}$ T. cornstarch	$\frac{1}{8}$ t. salt
3 T. cocoa	$\frac{1}{2}$ t. flavoring

Save out $\frac{1}{4}$ c. of milk and put the rest in the top of the double boiler to heat.

Mix the sugar, salt, cornstarch, and cocoa thoroughly in a bowl to separate the particles of starch and help to prevent it from forming lumps. Add the $\frac{1}{4}$ c. of cold milk (which you saved out) to this dry mixture, stirring until a smooth paste is formed.

When the milk in the double boiler is heated, add the sugar mixture, stirring as you pour it in. Cover and cook 15 minutes, stirring occasionally.

Remove from the heat, stir in the flavoring, and beat until the pudding is smooth. It is attractive when molded in individual molds and served with cream.

For a softer pudding, use only 3 T. of cornstarch.

COOKIES

Fruit sauce and cookies make a nice simple dessert. If you have made the cookies and helped to prepare or have helped to can the fruit sauce you will especially enjoy this dessert. Ask Mother what kind of cookies she would like to have you make. It is interesting to be able to make variations from the plain cookie recipe.

SUGAR COOKIES

Number of Cookies —

4 T. butter or lard	1 c. (plus) sifted flour
$\frac{1}{2}$ c. sugar	$\frac{3}{4}$ t. baking powder
1 egg, well beaten	$\frac{1}{4}$ t. salt
1 T. milk or cream	1 t. vanilla

The amount of flour varies with the size of egg, the kind of fat and flour, the temperature of ingredients, etc., so you may not need exactly the same amount each time, but it will be about the same if you measure carefully.

Sift the flour once before measuring. Then sift together the flour, baking powder and salt so the flour mixture will be ready to add later. Stir the fat and sugar until it is soft and creamy. Mix the beaten egg and milk with the fat-sugar mixture; then add the flour mixture in several portions.

Dropped Cookies: Use 1 c. flour with the baking powder and salt. Mix with the fat, sugar, egg, milk mixture and see if the batter is stiff enough to drop. Use a teaspoon for dropping the batter. It should be stiff enough so that it spreads but little when dropped from the spoon. If it is too thin, add more flour, one tablespoon at a time. Write down the amount that it takes so you will know the next time you use this recipe.

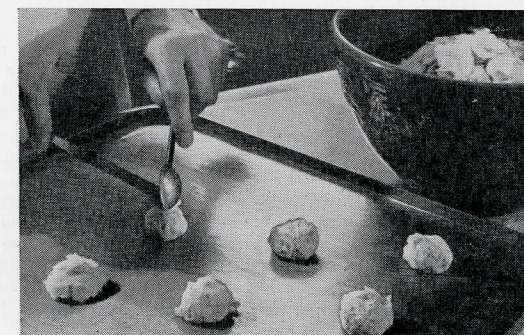


FIG. 2.—Drop on greased baking sheet.

Rolled Cookies: Add flour to the above recipe until the cookie dough is stiff enough to handle on the board. Ask Mother to tell you when it is the right consistency. Add the flour one tablespoon at a time and write down the amount it takes to make a dough suitable for rolling. This will avoid the danger of adding too much flour and save time when you make the cookies again. If the dough is chilled before rolling less flour will be required.



FIG. 3.—Stamp with flat-bottomed glass.

Stamped Cookies: Place rounded teaspoonfuls of the rolled cookie dough 2 inches apart on a greased baking sheet. Let stand for several minutes. Then stamp the dough with a flat-bottomed glass covered with a damp cloth. Dip glass in water occasionally and pat on a towel to prevent sticking.

Variations: Each addition is enough for the recipe.

¼ c. raisins	1 t. cinnamon
¼ c. dates	1 sq. chocolate or 3 T. cocoa
¼ c. nuts	1 t. lemon instead of 1 t. vanilla or
¼ c. cocoanut	½ t. of each

RECORDS

Keep records up to date in a record book. If you do not understand how to make a record of your baking, ask Mother or your club leader to show you.

MUFFINS

Muffins with honey, preserves, fruit butter, jelly, jam, or marmalade are often used for a supper dessert.

PLAIN MUFFINS

Number of Muffins ———

2 c. general purpose flour	2 T. sugar
2½ t. of S. A. S. baking powder	1 egg
or 3 t. of tartrate or phosphate	1 c. milk
½ t. salt	3 T. lard (melt before measuring)

Grease muffin pans. Sift flour before measuring. Measure the flour, baking powder, salt, and sugar. Mix and sift them into the mixing bowl. Beat the egg in a smaller bowl until foamy, and add the milk. Add melted fat to the egg-milk mixture and immediately turn it into the flour mixture. Stir until all the dry ingredients are dampened but not enough to remove all of the lumps. Overstirring causes long holes or tunnels on the inside of the muffins and peaks on the crust. Dip the batter immediately into the pans with as little stirring as possible. Fill muffin pans about two-thirds full and bake in a hot oven about twenty-five minutes or until they are a golden brown color. Ask Mother to tell you when the oven is hot enough.

Variation: Use 1 cup graham and 1 cup white flour instead of 2 cups white flour. Do not sift the graham flour. Use honey, sorghum, molasses, or syrup instead of sugar.

JUDGING

One club girl said to another, "Bring three dropped cookies to our next club meeting."

"I will if they are good," was the answer.

"How do you tell when they are good?"

"By the looks and the taste."

This girl was right, but she did not tell all of the story. When she compared cookies at the club meeting, she noticed that some were a nice golden brown, some were scorched and some were a light tan color. Some were large, some small, some thick, and others thin. Some were almost as regular in shape as rolled cookies and some quite irregular. After breaking a cookie from each plate into two parts, she could tell whether the crust was thick or thin, tender or crisp. These things she found were included under "looks" or "general appearance" as her leader called it.

She lifted a cookie from each plate. Some seemed light for their size and others seemed heavy. The crumb or inside part between the crusts was coarse in some and fine in others. There was a difference also in the color of the crumb. She was surprised to find that even the flavor was different when each girl had used the same recipe.

After discussing all of these points in the meeting, the club girls decided that the best cookies could be described as follows: medium size, regular shape, even, golden brown crust, light for their size, tender crust, fine texture, and pleasing flavor.

The reason for low-scoring cookies was also discussed and the club girls realized that they were more likely to have good results if they measured accurately and were careful with mixing and baking.

The score card below gives the points that were discussed in judging cookies. It is also used for judging muffins and other quick breads.

SCORE CARD FOR QUICK BREADS AND COOKIES

	Perfect Score
1. General appearance	20%
Size and shape—uniform	
Crust	
Color—an even golden brown, varies with kind	
Tenderness—dropped cookies, muffins	
Crispness—rolled cookies	
2. Lightness—suitable relation of weight to size	15%
3. Crumb	30%
Color—uniform, varies with kind	
Texture	
Medium fine—muffins	
Fine—rolled cookies	
4. Flavor	35%
Total	100%

GETTING READY TO COOK

Have your hair well combed and pinned back before you begin so you will not need to touch it.

Wear a clean apron while cooking.

Begin work with clean hands and clean finger nails. Wash hands carefully with soap and warm water; then wash them again if you handle a handkerchief, fuel, or any dusty or soiled object.

Read the recipe over until you are familiar with it; then follow it carefully.

Collect the utensils and materials and arrange them conveniently on the work table.

HOW TO MEASURE

All measurements in the "Learning to Cook" problems are level. When measuring dry ingredients such as sugar and flour, fill the spoon or cup (which holds one cup to the top) a little more than full; then level the product off with the dull edge of a knife, being careful not to press it down. (See Figure 4.) The cups above each hold one level cupful. Always sift flour before measuring. Stir baking powder and soda in the can to make them lighter before measuring. Pack butter or lard solid.

In a cup.—Because china cups are of different sizes, we can measure much more accurately in a measuring cup. A standard measuring cup is divided into fourths on one side and into thirds on the other side. It holds one-half pint. (See Figure 4.) When measuring a cup of flour, dip the sifted flour into the cup with a large spoon, and if the cup holds only

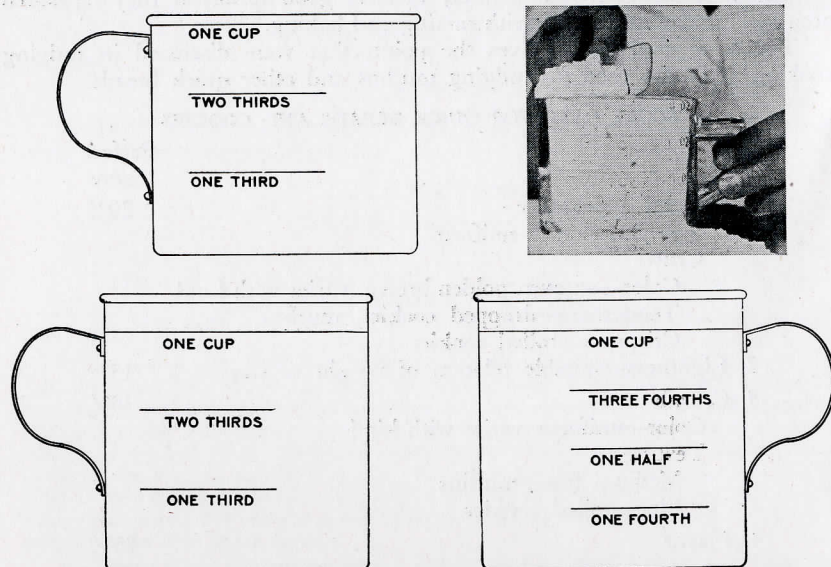


FIG. 4.—The cups above hold one level cupful; those below hold more than one.

one cupful it may be leveled with a knife as shown in Figure 4. Cups that hold a little more than one cup, as shown in Figure 4, are more suitable for measuring liquids. Dipping the cup into the flour packs it, so when we do this there is more flour in the cup than there should be. Shaking the cup also packs the flour.

When measuring liquids place the cup on the table so you can tell when the edge of the liquid reaches the proper mark on the cup.

In a spoon: Spoons also vary in size so we can be more accurate if we have a set of measuring spoons. A set is composed of three or four spoons. One holds one teaspoonful, another one-half, and a third one-fourth teaspoonful. Some sets also contain a table-spoon. The accompanying pictures show how to measure something dry like flour with an ordinary spoon.

For one spoonful, level it with a knife. Place the sharp edge or knife at right angles to the bowl of the spoon and run it along from the handle to the tip of spoon.

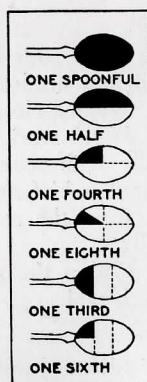


FIG. 5.—How to measure with an ordinary spoon.

For one-half spoonful divide one spoonful lengthwise.

For one-fourth spoonful, divide one-half spoonful crosswise a little closer to the handle than to the tip of the spoon.

For one-eighth spoonful, divide one-fourth spoonful from the center of the spoon to the center of the outer rim.

For one-third spoonful, divide the spoon into thirds crosswise.

For one-sixth spoonful, divide one-third spoonful in the center crosswise.

ABBREVIATIONS AND PROBLEMS

Instead of writing out every word in the recipes, we will use these abbreviations:

t.—teaspoonful

c.—cup

pt.—pint (2 c.=1 pt.)

T.—tablespoonful

Here are some arithmetic problems for you to work. The answers to these problems will help you many times. Write the answers in the spaces left for them. If you forget you can refer to this page.

$$1 \text{ c.} = 16 \text{ T.}$$

$$\frac{1}{8} \text{ c.} = \text{— T.}$$

$$\frac{1}{2} \text{ c.} = \text{— T.}$$

$$\frac{3}{8} \text{ c.} = \text{— T.}$$

$$\frac{1}{4} \text{ c.} = \text{— T.}$$

$$\frac{3}{4} \text{ c.} = \text{— T.}$$

BAKING POWDERS

You have probably noticed that there are different kinds of baking powders. Sometime when you are in a grocery store ask the grocer to show you the different ones he handles and write down the names of them. The next thing to do is to find out what is in the baking powders, because that is the way we tell how much to use. You will find the ingredients, that is, what the baking powder contains, printed on the label around the can. An intelligent consumer reads the labels on packages.

All baking powders contain bicarbonate of soda (which we call soda) and cornstarch. You will also find an acid ingredient on the label. When liquid is added, the acid ingredient in baking powder unites with the soda and bubbles of gas are given off which make the batter or dough light. If the baking powder which Mother uses is not listed in the table below, find out the name of the acid ingredient which it contains and write the name of the baking powder in its proper place.

There are three types or kinds of baking powders on the market. They are called S. A. S.—phosphate, tartrate, and phosphate. A smaller amount is required of the S. A. S.—phosphate powders. The following table will tell you how much of each to use.

Type of Powder	Acid Ingredient	Name	Amount to Use
S. A. S. Phosphate	Calcium acid phosphate Sodium aluminum sulphate	K. C., Calumet Clabber Girl	1 ¼ t. to 1 c. flour
Tartrate	Cream of tartar Tartaric acid	Royal	1 ½ t. to 1 c. flour
Phosphate	Calcium acid phosphate	Rumford Dr. Price's	1 ½ t. to 1 c. flour

USING A DOUBLE BOILER

A double boiler is made of two sauce pans; the smaller one fits into the large one and goes down about two-thirds of the depth of the lower part. (Place enough water in the outer part so it comes up the sides of the inner

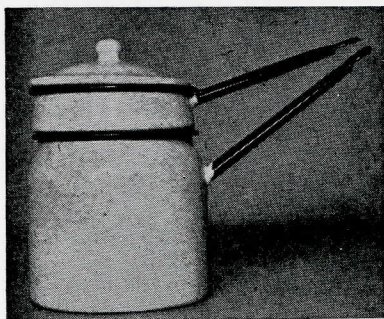


FIG. 6.—Double boiler.

part but does not boil over. Add to the water as it boils away.) The product cooking on the inside of the double boiler cooks a little below boiling temperature, but when the outer part boils dry, food may boil in the inner part. The double boiler saves food often otherwise burned or stuck to the pan. It saves steps back and forth to the stove and also time in watching the cooking of foods.

THINGS TO REMEMBER WHEN COOKING

Read the recipe carefully. If you do not understand the recipe, ask Mother to explain it.

Collect and arrange utensils and supplies conveniently on work table.

Plan to have the fire or oven ready for use when needed.

Save dishes by measuring dry ingredients first, then liquids and fats.

Keep the work table, stove, and kitchen orderly and clean.

Use a utensil pan, that is, a pan in which to lay spoons, forks, egg beaters, etc. This will protect the table.

Work carefully. See that food is not spilled on the table or floor.

Do not put the spoon from which you have tasted back into the food you are preparing. Do not use the stirring or mixing spoon for a tasting spoon. Have a separate tasting spoon.

Never taste from a spoon which has been used by another person.

Scrape food carefully from mixing bowls and all cooking utensils. It may seem only a small amount, but in time a great deal of food is saved in this way. This will help you to form good habits.

Watch food carefully so that it does not burn or boil over on the stove.

Measure accurately. Club girls will have better results if they measure carefully.

A holder protects the fingers.

Wash dishes and leave the kitchen clean and orderly so that Mother will be glad to have you cook again.

SUGAR SAVERS

There are a number of ways to save sugar and still have palatable foods. Some people use more sugar than they need and might be in better health if they decreased the amount by half. One needless use of sugar is in the

oversweetening of beverages. Many times much of this sugar is not dissolved, but left in the bottom of the cup to be thrown away. Less sugar, well stirred in so that all is dissolved, will prove satisfactory to most tastes. For sweetening iced drinks such as iced tea or lemonade in large quantities much sugar may be saved if it is made into a thin sirup. Other suggestions for saving sugar are:

Cook cereals with dates and raisins and serve without sugar.

When fresh fruits are in season, use them as they are without sugar.

Cook dried fruits without sugar.

Sweeten fruits with honey, sorghum, or corn sirup.

If sugar is used to sweeten sauces, it may be put in at the very last of the cooking period. It will take less sugar for the same degree of sweetness than if the sugar is cooked for a long time.

Make puddings, cakes, etc., with at least part corn sirup, sorghum, molasses, or honey instead of all sugar.

CONVERSION TABLE FOR SUGAR

For one cup of sugar, use:

1 cup honey and reduce liquid $\frac{1}{4}$ cup for each cup of honey used.

$1\frac{1}{2}$ cups molasses and reduce liquid $\frac{1}{4}$ cup for each cup of molasses used.

$1\frac{1}{2}$ cups sorghum and reduce liquid $\frac{1}{4}$ cup for each cup of sorghum used.

2 cups corn sirup and reduce liquid $\frac{1}{4}$ cup for each cup of corn sirup used.

White sugar gives the body only energy, while molasses gives not only energy but also iron to make red blood and calcium to help build good teeth and strong bones. Sorghum may be used in place of molasses in recipes, and honey and sirup may be used interchangeably with different results in flavor. Corn sirup, weight for weight, is only about three-fifths as sweet as white sugar. In some recipes corn sirup may be used with a small amount of sugar if desired. Where honey, sirup, or molasses is substituted for sugar the texture of the product is changed somewhat.

Problem II---Food Clock---Cream Soups---Vegetables---

Serving

WHAT does the food clock on the cover page say about vegetables? "Three servings each day" does not necessarily mean they are served three times a day but it may mean that. Perhaps the most common practice is to have potatoes and some other vegetable for dinner and at least one vegetable for supper. The supper vegetable may be one left over from dinner. This makes three servings for the day.

The food clock is not a complete list of foods, but "around the clock each day" means that if we include in our daily meals the foods given on the food clock we will have healthful meals which supply the needs of the body.

Foods serve three important purposes in the body so we speak of body-building, energy-yielding, and body-regulating foods. You will enjoy studying about food and its value to the body if you are privileged to take Home Economics in high school and college. Have you tried to go around the food clock in one day? In these menus the foods which are in black type make the hand move. Let us see how the following day's menu goes around the clock.

BREAKFAST

Tomato Juice

Whole Wheat Bacon Muffins

Soft Cooked Eggs

Milk

DINNER

Roast Beef with Potatoes and Carrots

Beet Pickles Bread Butter

Chocolate Cream Pudding

Milk

SUPPER

Macaroni and Cheese

Graham Bread Butter

Cabbage Salad

Peach Sauce

Nut Cookies

Milk

Milk: Drink one cup each meal and use one cup on breakfast food and in the pudding. This makes a total of four cups for the day.

Fruit: One serving of tomato juice takes the place of fruit for breakfast. One serving of peach sauce makes two servings of fruit.

Vegetables: One serving of potatoes; one yellow vegetable, such as carrots; and one raw vegetable, such as cabbage, make three servings of vegetables.

Whole Grain Products: Whole-wheat cereal and graham bread make two servings of whole-grain products.

Water: Drink water before breakfast, in the forenoon, in the afternoon, and after supper. This, with milk to drink at meal time, should make six glasses, because milk counts as liquid.

Meat, Cheese, Eggs, Dried Beans, or Peas: One serving of eggs, one of meat and one of cheese make three servings from this group.

After you have made several supper desserts, ask Mother if you may help prepare some vegetable dishes. Simple supper menus usually include at least one vegetable. Often it is a vegetable left from dinner. Try making a cream soup from left-over mashed potatoes. This recipe serves three people, so if you want to serve six people, double it.

CREAM OF POTATO SOUP

Number of servings _____

1½ T. flour

1½ T. butter

About ½ t. salt

1 c. mashed potato

1 c. potato water

2 c. milk

1 slice onion finely chopped

Cold mashed potato is rather solid, so it should be riced or mashed again before using. Make a thin sauce of the butter, flour and liquid and add it gradually to the potatoes so there will be no large lumps.

White sauce with onion may be made this way. Melt the butter in a sauce pan over a gentle heat. Then add the chopped onion and simmer two or three minutes. Stir while heating and be careful to avoid browning. Remove from heat and stir flour in to make a smooth paste. Add the hot potato water and cook until thickened, stirring constantly. Add the milk, mix thoroughly, and heat. The milk may be added to the fat-flour mixture, but if one uses potato water add it first, to avoid cooking the milk the whole time. We cook white sauce or milk gravy just enough to thicken it and to remove all the raw taste of the flour.

Variations: Omit the flour if you do not care for a thickened soup. Sliced or dried potatoes may be used instead of mashed potatoes.

OTHER CREAM SOUPS

Almost any vegetable or combination of vegetables may be used in making cream soups. They may be cut in small pieces or ground. Vegetables like peas and corn are often left whole. Be sure to save the water when any vegetable is boiled. It adds both food value and flavor to cream soups. It may be used in place of all or part of the milk in preparing sauce for vegetables. Chopped parsley or celery leaves may be used for flavoring soups.

VEGETABLES

PREPARING VEGETABLES

Club girls can save Mother a great deal of time and strength by helping to prepare as well as to cook vegetables. It is difficult to wash and prepare some vegetables without soiling the floor and table. Perhaps you can find a good place out of doors to do it. Remember to protect your dress with an apron.

It saves time to have a small scrub brush for washing vegetables like potatoes, beets, carrots, turnips, and parsnips. Wash and rinse all vegetables thoroughly. The wash water may need to be changed several times. Ask Mother how she wants you to prepare the vegetables for cooking. The following suggestions may be helpful.

String Beans: Wash, remove ends and strings. Cook whole or cut in two-inch pieces or cut through lengthwise.

Lima Beans and Peas: Wash the shell. Pick over and remove any imperfect ones. Wash again before cooking.

Beets: Leave the skin, root, and two inches of the top to prevent loss of color. Then wash and scrub with a brush.

Cabbage: Trim as necessary, carefully removing the outer leaves. Wash and inspect for insects. If wilted let stand in cold water until crisp. Slice or shred.

Cauliflower: Remove leaves, wash and cut crosswise of the midrib in thin slices. Wash and separate flowers into small sections.

Carrots: Wash and cook whole or cut lengthwise. Scrape old carrots.

Corn: Remove the husk and silk. Remove the silk with the point of a sharp knife.

Greens: Wash by dipping up and down in five or six fresh waters, or cleanse each leaf under running water. *Lift the leaves* from one pan to the other, rather than attempt to pour off the dirty water through the mass of leaves.

Parsnips: Wash, scrape or pare, cut in halves or quarters lengthwise.

Turnips: Wash, pare, and slice or dice.

Potatoes: Scrub the skin thoroughly if they are to be baked or boiled in the skin. Wash and pare as thinly as possible if they are cooked without the skin.

Tomatoes: To peel, first dip them in boiling water and then in cold water; or rub all over with the back of a knife to loosen skin if boiling water is not used.

BOILING VEGETABLES

A new and important rule for cooking vegetables is, *cook only until tender*, because long cooking destroys much of the color, flavor, and food value. Put the vegetables into boiling, salted water. Use about 1 t. of salt to each quart of water.

The time for cooking varies with the amount and size of the vegetables, the amount of water, size and shape of cooking pan, and kind of heat, but the following will give you an idea of the time. We have divided the vegetables into three groups according to the time for boiling them. It may take a little less or a little more time to cook the vegetable until tender.

10-minute Group: Tender asparagus, spinach, cauliflower (separated into flowerets), and shredded cabbage.

30-minute Group: Green beans, young carrots, cut lengthwise; onions, quartered; parsnips cut lengthwise; peas, shelled; potatoes, cut lengthwise; rutabagas, cut in 1/2-inch slices; squash, cut in pieces 2" x 3"; turnips, cut in 3/4-inch cubes.

60-minute Group: Beets and vegetables in the 30-minute group if they are old or have been grown in dry weather.

THINGS TO REMEMBER ABOUT BOILING VEGETABLES

Cook vegetables only long enough to make them tender but leave them firm in texture. The longer vegetables are cooked the greater the loss of

food. Cabbage becomes dark and has a strong flavor when it is overcooked. Onions lack flavor when overcooked.

We cut vegetables in order to shorten the time of cooking. Less food materials are lost if we cut vegetables such as carrots and parsnips lengthwise rather than crosswise.

Save the cooking liquid or water in which the vegetables are cooked. It contains valuable minerals and vitamins. We make an exception to this rule if the vegetable is very strong, as it may be when grown in dry weather. There is a greater loss of food in boiling vegetables than in steaming or baking them, but we can make up for this loss by using the cooking liquid. Use it in any meat, egg, or vegetable dish where water or milk is used, such as meat loaf, hash, meat pie, stews, omelets, scrambled eggs, mashed or scalloped vegetables, soups, and gravies.

Cook strong-flavored vegetables, such as onions, partially uncovered.

To preserve the color of green vegetables, drop them into rapidly boiling water and cook uncovered for the shortest possible time.

FIVE-MINUTE CABBAGE

Number of servings _____

3 T. melted butter	2 T. flour
2 c. milk	1/2 t. salt
1 qt. finely shredded cabbage	Few grains pepper

Heat the milk and cook the cabbage in it for 2 minutes. Mix the butter and flour thoroughly, then add it to the cabbage. Season. Cook rapidly 3 to 5 minutes and stir constantly. The cabbage retains the crispness and is delicate in flavor and color.

VARIATIONS OF BOILED VEGETABLES

Strained: This is a variation which Mother may ask you to prepare for baby sister or brother. Rub the vegetables through a strainer and Mother will tell you how to season it.

Buttered: Add 1 t. butter for each half-cup serving. Vegetables are usually cut into rather small pieces when they are to be buttered. A little salt is added if it is needed.

Mashed: Use about 2 T. butter and 1/4 t. salt for each 2 cups of mashed vegetables. About 1/4 cup of whole or skimmed milk or cream is also added to mashed potatoes and winter squash. Ask Mother to show you how much to use because too much liquid makes the mashed vegetables heavy.

Creamed: A medium white sauce is used for both creamed and scalloped vegetables. Use 1 1/2 T. butter, 1 1/2 T. flour, and 1/4 t. salt to 1 c. milk or vegetable water. Make the white sauce the same as that explained in the cream of potato soup recipe. The amount to make depends upon the amount of vegetable you have. From 1/2 to 1 c. of white sauce is needed for 2 cups of the vegetable. Diced vegetables are often more attractive than sliced. A creamed vegetable mixture is nice for a change. Sometime try combining several cooked vegetables with white sauce.

Scalloped: Prepare a white sauce as for creamed vegetables. Place alternate layers of the diced cooked vegetables and white sauce in a buttered dish, then cover the top with buttered crumbs. Bake in a moderate oven until the crumbs are brown.

To butter crumbs, use 2 T. of butter for each cup of dry crumbs and 1 T. for each cup of soft bread crumbs. Melt butter, add the crumbs, then stir and mash them until they have absorbed the fat.

LAYING THE TABLE

There are so many things to do the last half hour before a meal is served I am sure Mother will be glad to have you set the table if you

do it nicely. This picture will help you remember how each place at the table (called cover) looks.

DIAGRAM OF COVER

- | | |
|-------------------------------------|-------------------|
| 1. Water glass. | 5. Dinner plate. |
| 2. Bread and butter or salad plate. | 6. Dinner knife. |
| 3. Napkin. | 7. Teaspoon. |
| 4. Dinner fork. | 8. Edge of table. |

Be sure that the center fold of the table cloth is in the center of the table, and that opposite edges are the same distance from the floor.

A dish of fruit, a small plant or vase of flowers is attractive for the center of the table.

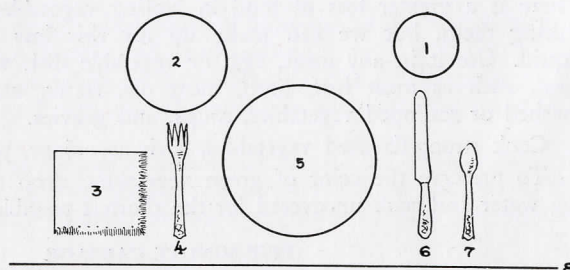


FIG. 7.—Arrangement of cover.

Each cover includes the silver, china, glassware and napkin used by one person. At least 24 inches of space should be allowed for each cover. The edge of the dinner plate, napkin and ends of the silver are all placed one inch from the edge of the table. Place the silver straight so the table will look orderly. The dinner plate may or may not be left on the table but it is a good plan to use one when laying the table in order to have the proper distance between the knife and fork.

The knife is placed at the right of the plate with the cutting edge toward the plate.

Spoons are placed at the right of the knife with bowls up.

Forks are placed at the left of the plate with tines up.

The napkin is placed at the left of the fork, with hemmed and open edges turned toward the fork and edge of table.

The glass is placed at the tip of the knife.

The individual bread and butter or salad plate is placed at the tip of the fork.

Salt and pepper shakers should be placed where they can be easily reached. Individual sets may be placed in front of each cover or between two covers on a line with the water glasses.

Relishes and jellies are placed so they can be easily reached. Serving silver for these is placed to the side of the dish parallel to the edge of the table with the handle to the right.

Serving silver should be conveniently placed for the host and the hostess on a line with the silver at the cover or in front of the cover near the food to be served.

Chairs are placed with edges even with the edge of the table.

SERVING

After you have learned to set the table nicely, ask Mother if you may help with the serving. Watch carefully that you do not drop dishes or spill

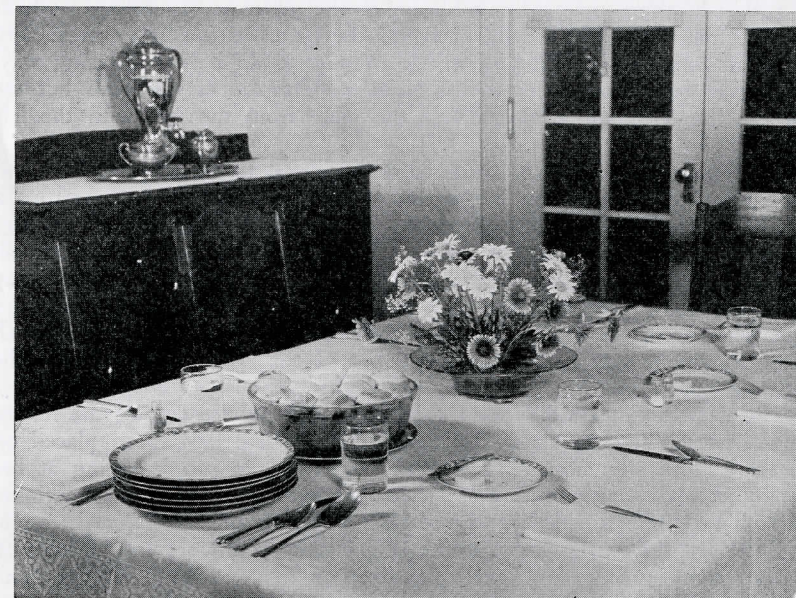


FIG. 8.—A neatly laid table.

food because that is wasteful and makes more work. Remember about clean hands and a clean apron, because food is more palatable and people enjoy it much more if it is clean.

Girls can save Mother many steps by refilling water and milk glasses, the bread plate, and vegetable dishes. After you have helped in this way, perhaps Mother will let you take her place at the table occasionally so you can learn to do the serving which she usually does.

There are two kinds of family service: No. 1, in which the food is served at the table by the father and mother and No. 2, in which food is passed around the table and each person serves himself. With family service No. 1 Father usually serves the meat and vegetables and Mother serves the drink and dessert. Either one may serve a salad. Every boy or girl who is old enough may help in some way. It saves time if the one sitting next to Father serves the vegetables and the one next to Mother refills water glasses. For family service No. 1 place plates in a stack in front of Father and arrange cups in pairs with each pair on two saucers in a half-circle near Mother's place.

Fill water glasses three-fourths full and place food on the table just before the family is seated. The food may not all be placed on the table at

first. For example, if soup is served, the meat and vegetables may be kept hot and served after the soup has been eaten.

With family service No. 1 the hostess or mother is served first, then other members of the family in the order in which they are seated. Plates are passed by the people at the table unless the group is too large, in which case one member of the family may pass the plates as the host serves. Try this plan sometime so that you will learn how to do it in a pleasing way. Plates may be placed either to the right or left side of a person but we will use the left-hand service. Place the plate from the left with the left hand.

Food such as bread, jelly, and relish is passed to the mother first and then around the table. The hostess or mother may ask the one nearest a serving dish to help himself and pass it.

The water pitcher may be placed on the table if the family is small. Glasses may then be passed to be filled. One member of the family may pour the water.

A service cart or small table is a great help because dishes on which food was served may be passed to the end of the table and placed on the cart or table.

The dessert plates and dessert may be on the service cart at the left of the hostess. When the dishes from the main course have been placed on the service cart, the hostess passes the dessert to the people sitting at her left, indicating that the first plate is for the host or father. She continues until all on her left side are served. Then beginning with the person at the host's left she passes dessert to the people at her right, serving herself last.

Start canning as early as there are fruits to can. Rhubarb, cherries, and berries are among those that ripen early. Study Why and How to Can, pages 32-38.

"Anything worth doing is worth doing well."



Problem III---Eggs---Meat---Cheese

PEOPLE who are doing hard work often need as heavy a meal for supper as for dinner. The supper menu given in Problem II is considered light but with the addition of a cooked vegetable and either meat or eggs, it would be a hearty meal. In this problem we will discuss recipes for some body-building foods which Mother will want you to help her prepare for dinner or for a hearty supper.

EGGS

Eggs and other protein foods such as milk, cheese, meat, and fish are more easily digested if they are cooked at a low temperature. Have you noticed how tough a hard-fried egg becomes? A boiled egg may also become tough if cooked with excessive heat, because the protein which it contains will cook at a temperature below the boiling point of water. When eggs are hard cooked in water below the boiling point, the white becomes firm but not tough and the yolk becomes mealy.

When they are left in the water a shorter time, the white is soft and jelly-like and we call them soft-cooked. Follow the directions carefully so you will have good results the first time you cook eggs.

SOFT AND HARD-COOKED EGGS

Place eggs in a sauce pan and add enough boiling water to cover them. Use one pint of boiling water for the first egg and one cup for each additional egg. The size of the sauce pan depends upon the number of eggs cooked. It should be small enough so that the amount of water suggested will cover the eggs. In case a number of eggs are cooked at one time and they are very cold, a longer time or more heat is necessary. Cover the pan, place on back of stove or keep over very low heat so the water will not boil. Let stand as follows: Soft cooked 4 to 8 minutes. Medium cooked 10 to 12 minutes. Hard cooked 20 to 30 minutes.

SCRAMBLED EGGS

Number of servings ———

4 eggs	¼ t. salt
¼ c. milk	2 T. butter

Break the eggs into a bowl watching for pieces of shell. If a bit of shell gets in, remove with a spoon. Add salt and milk to the eggs and beat slightly. Melt the butter in the inner part of the double boiler, add the eggs and stir occasionally until the mass sets. Keep the water in the lower part of the double boiler just below boiling point when cooking eggs. Scrambled eggs may be cooked in a sauce pan or skillet if the stove is not too hot. After frying bacon, cook eggs in the same pan, substituting bacon fat for butter. Remember that eggs are better for us if they are cooked slowly. Scrape from the bottom of the pan as the mixture cooks. Cook until creamy because the eggs continue cooking after they are taken from the stove.

BAKED CUSTARD

Number of servings ———

Custards are mixtures of milk and egg sweetened and flavored. They are used as dessert for either dinner or supper.

2 c. milk	¼ c. sugar
2 large, or 3 small eggs	¼ t. salt
½ t. vanilla	

Scald the milk in a double boiler which means to heat it until a scum forms over the top and small bead-like bubbles form at the edge of the milk. Milk is easily scorched and boils over quickly so it is best to heat it in a double boiler. Beat the eggs slightly, add salt, sugar, and vanilla and mix with the egg. Add the hot milk slowly to the egg mixture, stirring constantly until mixed. Pour the mixture into cups or a baking dish and place them in a pan of hot water. Why? Have the hot water about one-half inch deep. With more water in the pan there is danger of its getting into the custard when the pan is moved.

Bake at 350° F. 30 to 45 minutes or until a silver knife inserted in the center comes out clean. If the oven is too hot or if the custard bakes too long it separates and becomes watery. This means that the egg and solid part of the milk separates from the liquid part of the milk and egg.

MEAT

Left-over roasted or stewed meat is often used for suppers. Meat pie is an attractive way of serving left-over meat and mashed potato.

4-H MEAT PIE

Place left-over meat stew in a baking dish. There should be enough well-seasoned gravy to moisten the meat and vegetables. Roast meat diced and mixed with gravy may be used in this way. Heat the meat and gravy to make the time of baking shorter. Spread mashed potato over the top for a crust and place in the oven until it is lightly browned on top. One egg white or one whole egg may be beaten into the mashed potato to make a lighter crust and help it brown.

BROWN STEW

Number of servings —

1 lb. beef, lamb or veal	1 c. diced turnips
Bacon fat or suet	2 c. diced potatoes
3 T. flour	½ c. diced onions
1½ qts. hot water	2 c. diced carrots
1 t. salt	

Wipe meat with a damp cloth. Cut into cubes. Roll cubes in flour and brown lightly in bacon fat or suet. Stir so it will be browned on all sides. Add the hot water cautiously and simmer, that is, cook slowly, until the meat is nearly tender. Add the salt and vegetables and cook about ½ hour more or until the vegetables are tender. If mature vegetables which do not cook as quickly as potatoes are used, they may be put in a little earlier than the potatoes. More water may be added to cook the vegetables if needed.

Brown stew is sometimes called a one-dish meal because it contains meat, vegetables, and gravy in one dish. It requires considerable time for preparation and Mother will be glad to have you help make it. It is well to watch the meat closely when you are browning it, because if it burns the flavor of the stew is spoiled.

Variations: The vegetables may be varied according to those available. Chopped parsley or celery leaves add a nice flavor.

MEAT LOAF

Number of servings —

1 egg	1 c. bread crumbs or oatmeal
½ c. water or tomatoes	4 slices bacon
1½ lbs. chopped beef	1 t. salt
or 1 lb. beef and ½ lb. pork	½ t. pepper

Beat the egg in a mixing bowl, add the water, and mix. Add the other ingredients and mix well. Shape into a loaf. Grease baking pan with bacon fat and place the loaf in a pan. Put slices of bacon on top and bake slowly uncovered for about 1½ hours.

Variations: Add 2 to 3 cups of ground or chopped vegetables such as carrots, potatoes, and onions. Use less of a strong flavored vegetable like onion. Add only about half as much liquid for this variation because the ground vegetables add moisture

BACON

Bacon fat smokes easily, so to obtain the best flavor it should be cooked below the smoking temperature. If this is done, the room will not be filled with smoke.

Place thin slices of bacon in a frying pan and place over a low heat. Watch closely and turn often. Pour off some of the fat as the bacon cooks so there is only a small amount in the pan. When the bacon is a light golden brown and evenly crisp, place on a hot platter.

CHEESE

Cheese like eggs is easily overcooked either by long cooking or high heat. Overcooked cheese is lumpy, stringy, and tough.

CHEESE TOAST

Toast slices of bread until they are lightly browned. Watch them closely so that not one is scorched. Butter them, then sprinkle grated cheese over them. Dry cheese grates more easily than soft cheese.

Make a medium thick white sauce and pour it over the toast and serve.

WHITE SAUCE

2 T. butter	2 c. milk
3 T. flour	½ t. salt

Heat milk in the inner part of a double boiler. Cream the fat in a small bowl, add the flour, and cream the fat and flour to a smooth paste. Add this to the heated milk and stir until the mixture is smooth and thickened. Cook until the taste of raw flour disappears, or about 15 minutes.

MACARONI AND CHEESE

Number of servings —

2 c. boiled macaroni	½ t. salt
½ c. finely chopped cheese	¾ c. milk
Few grains pepper	1 c. buttered crumbs

Butter a baking dish. Place a layer of macaroni in it, then a thin layer of cheese. Sprinkle with part of the salt and pepper. Add another layer of each, then the remaining salt and pepper. Add the milk and cover with buttered crumbs. Bake 20 to 25 minutes in a moderate oven. The crumbs protect the cheese from the oven heat. The cheese should be melted but not toughened.

BOILED MACARONI

1 c. macaroni broken into inch pieces
2 qts. boiling water
2 t. salt

Cook macaroni in the boiling, salted water about 20 minutes or until tender. Drain in a strainer.

SUPPER MENUS

These supper menus make use of some of the recipes in this problem. It is a fine thing to know how to cook well, but it is also important to know what foods are best to serve together in one meal.

1		2	
Bacon	Scrambled Eggs	Meat Pie	
Buttered Potatoes	Cold Slaw	Tomato Relish	Buttered Carrots
Graham Bread	Butter	Whole Wheat Muffins	Butter
Baked Apples		Strawberry Preserves	
Milk			
3			
Brown Stew	Apple Salad	Toast Sticks	
Ginger Bread with Whipped Cream			
Milk			

"GO SHOPPING GAME"

How would you like to play the "Go shopping" game? It is an interesting game because one can find so many attractive food pictures in papers and magazines. Remember it is more economical to shop at home as much as possible, that is, make use of all foods grown or produced at home.

Ask Mother if you may have some magazines that she has finished reading from which to select your pictures. If you have a younger brother or sister old enough to cut out pictures, he or she will enjoy playing the game with you.

Cut out food pictures until you have a good supply of the different foods mentioned on the food clock. The game consists of working out a day's menu, that is, a breakfast, dinner, and supper with these pictures. You will need plenty of space to spread out the pictures. If there is not room on the table, play this game on the floor. Have a certain place for each meal and as you find a food which you want to serve for the meal, put it in its proper place.

Have the food clock handy as you select the pictures and when all three meals are ready it is time to check up and see how well you have played the game. The checking is not an easy matter and you may want your club leader or mother to help with it at first. It is a good plan to write on a sheet of paper the foods you have selected for each meal, then if Mother is too busy to look at the picture meals she can help you some time later by reading them from the paper.

These suggestions and questions will help you check the menus. Study the explanation of the food clock in Problem II until you understand why the day's menu given there goes around the food clock. When you ask these questions about your menus, what is the answer? The hand starts at "milk." Do you have milk for the boys and girls to drink each meal? Have you used milk on cereal or in some food such as a gravy or pudding? If so, you would have about four cups each during the day and the hand of the clock may be turned to "fruits."

Do you have two servings of fruits and three servings of "vegetables?" Have you served either a citrus fruit (such as oranges or grape fruit,) or tomato? Have you included a leafy, a green, or a yellow vegetable? If you can answer "yes" to these three questions, the hand of the clock may be turned to "whole grain" products.

Do you have two servings of whole grains either as cereal or bread? If so, the hand may be turned to "water."

This clock is for growing boys and girls. A clock for our parents would say two cups of milk instead of four cups, and a total for the day of six to eight cups of liquid instead of six cups. Your pictures may not show the daily amount of liquid, but if you drink a cup of milk each meal and remember to drink water in the morning, between meals, and at night, you will drink at least six cups of liquid and the clock's hand may be turned to "protein foods."

Do you have one serving of each of any two of the following protein foods: meat, cheese, eggs, fish, dried beans or peas? If so, the hand has made a complete circle and your menu has gone around the food clock.

If your picture menu goes around the food clock, you have won a balanced menu for a day. If it does not, you have lost whatever prevented the hand from completing its circle. Perhaps you lost a vegetable, a fruit, or a glass of milk, so try again.

WHAT WOULD YOU DO?

Ruth's mother and father had gone to the city and were late getting home. Before leaving, Mother told Ruth what she planned for supper. Ruth had started to prepare supper when she saw her parents drive into the yard. She ran out to help Mother bring in her bundles and then joined the neighbor children who were playing in the next yard. Mother was tired and needed help but Ruth did not come in until supper was ready.

"If at first you don't succeed, try, try, again."

Problem IV---Cakes---Courtesies---Dishwashing

DID you ever make a cake for your mother's birthday or for Mother's Day? Our mothers do so many things for us, isn't it a pleasure to do something extra for them whenever we can? Do you always remember to wash the dishes and leave the kitchen in good order when you are cooking? If not, you may hinder instead of help.

Review pages 8 to 10 in Problem 1, because they contain suggestions that will help you to have nicer cakes.

CAKES

SPICE CUP CAKES

Number of Cup Cakes ———

1 $\frac{3}{4}$ c. general purpose flour	4 T. butter or lard
2 $\frac{1}{4}$ t. of S. A. S. baking powder or 2 $\frac{1}{2}$ t. tartrate or phosphate	1 c. sugar
1 $\frac{1}{2}$ t. cinnamon	1 egg, well beaten
$\frac{1}{4}$ t. each nutmeg and cloves	$\frac{3}{4}$ c. milk



FIG. 9.—Level measurements for success.

Add the sugar-egg mixture and stir until thoroughly combined.

Pour into greased muffin pans, filling them about $\frac{2}{3}$ full.

Bake in a moderate oven about 25 minutes. How does the length of time for baking cup cakes compare with the time for baking cookies? If Mother has an oven thermometer keep it at about 350° F. during the baking.



FIG. 10.—Frosting cup cakes.

Sift flour, then measure.

Add baking powder and spices and sift again.

Add one-half of the sugar to the fat in several portions, beating after each addition until thoroughly mixed and creamed.

Combine the egg with the other half of the sugar in a smaller bowl and beat thoroughly.

Add the flour mixture and milk to the fat-sugar mixture as follows, stirring after each addition until smooth. Add about $\frac{1}{3}$ of the flour mixture, then $\frac{1}{2}$ of the milk, then another $\frac{1}{3}$ of the flour, then the other $\frac{1}{2}$ of the milk, then the last $\frac{1}{3}$ of the flour.

Variation: This may be baked as a loaf or as a two-layer cake. If baked in a pan about eight inches square it will need to bake 50 minutes. When baked in two layers they should bake about 30 minutes.

To make a plain cake, omit the spices and add 1 t. vanilla.

To make a chocolate cake, omit the spices, add 1 t. vanilla, use 2 T. less of flour and add 3 T. cocoa. Sift the cocoa with the flour and baking powder.

POWDERED SUGAR FROSTING

- 1 c. powdered sugar
- $\frac{1}{2}$ t. vanilla
- 1 egg white, unbeaten

Sift the powdered sugar to remove the lumps.

Add the sugar to egg white in several portions, stirring after each addition.

Add the vanilla, and add more sugar if necessary, to make the frosting stiff enough to hold its shape when spread on the cake.

A very little milk moistens a good deal of powdered sugar, so if the frosting becomes too stiff add milk or cream a few drops at a time until it is just right to spread.

Variation: Mix 1 T. of cocoa with the powdered sugar before adding it to the egg white.

HOT WATER SPONGE CAKE

(Made with a strong, double rotary egg beater.)

Number of servings ———

- 1 c. general purpose flour
- 1 $\frac{1}{4}$ t. of S. A. S. baking powder or 1 $\frac{1}{2}$ t. of tartrate or phosphate
- $\frac{1}{4}$ t. salt
- 2 eggs
- $\frac{3}{4}$ c. sugar
- $\frac{1}{4}$ c. boiling water
- $\frac{1}{2}$ t. lemon extract

Sift flour before measuring; then mix and sift flour, baking powder and salt.

Beat eggs until light.

Add sugar in about four portions, beating after each addition.

Add water and lemon extract; then beat until it is mixed.

Add the flour mixture in about four portions, beating after each addition.

Pour into a small greased pan and bake in a slow oven 325° F. for about 25 minutes.



FIG. 11.—Mixing hot water sponge cake.

UPSIDE DOWN CAKE

Grease the cake pan and sprinkle the bottom with brown sugar.

Add a layer of diced or sliced fruit from which the juice has been drained.

Add the sponge cake batter and bake.

Remove from pan as soon as taken from oven.

Run the knife around the edge of the cake to loosen it. Invert the cake over a plate and it should come out with the layer of fruit on top.

COURTESIES

A little girl said to her mother, "Mother, you know I never mind helping you with the dishes or housework because I know when I get through I am going to be thanked for what I have done." How good a cheery "Thank you" makes one feel. Do we always remember to say it when Mother or some other member of the family does something for us?

If we form the habit of politeness at home we need not worry about what we may say or do away from home.

Make a list of simple courtesies for the home table. It will be interesting for club girls to compare lists and see how many different table courtesies they can add to the list.

1. Be polite—try to make yourself agreeable to other people.
2. Eat slowly. Rapid eating is harmful to health, and often causes over-eating.
3. Sit up straight at the table with feet flat on the floor. It gives one poise.
4. Lay the teaspoon in the saucer when not in use. If left in the cup it may cause an accident. This also applies to the soup bowl and dessert dish.
5. Keep the lips closed while chewing. Avoid loud or unpleasant noises. One should not try to talk with food in the mouth.
6. Take small bites. Chew food well so it will digest more easily.
7. Train yourself to eat all foods that agree with you. One may learn to like a food by taking only a small amount at first and eating some each time it is served.
8. Keep the elbows close to the body. They should also be kept off the table. Reaching for food or reaching in front of anyone should be avoided.
9. If necessary to leave the table before the others, ask Mother if you may be excused.
10. Keep everything about your plate as neat as possible. When buttering bread, do not lay it on the tablecloth. Keep crumbs from falling on the floor.
11. Accept the food that is offered you. When asked for your preference, and you have one, it is courteous to state it at once. If a plate has been filled especially for you, keep it rather than passing it to someone else. Acknowledge any service by a quiet "Thank you," or by an inclination of the head.
12. Food is accepted with, "Yes, thank you," or "If you please," and refused with, "No, thank you."
13. Set a good example without talking about it. Do not correct others.
14. Use a fork for vegetables whenever possible.
15. The fork is used for cutting and carrying foods to the mouth. When it is difficult to cut head lettuce with a fork, the knife may be used.
16. The knife is used to cut food, but never to carry food to the mouth. When the knife is not in use, lay it *on* the edge of the plate. The handle should not rest on the table cloth. The fork and spoon should be held with the hand *under* the handle when carrying food to the mouth.
17. The knife and fork are placed across the plate, a little to one side, when the plate is passed for another helping. When the course is finished they are placed close together across the center of the plate with handles toward the right and projecting an inch or two beyond the rim of the plate.
18. A sugar spoon should always be used for the sugar bowl and a butter knife for the butter plate. It is not sanitary for each person to use his or her spoon or knife when helping himself to sugar or butter.
19. The napkin is removed from the table immediately following grace, if said; otherwise it may be removed as soon as all are comfortably seated. When the meal is finished fold the napkin and place at the left of the plate at home, or when you are a guest for more than one meal.

20. Never bite from a large piece of bread. Break it into two or three parts and spread only one part at a time.
21. Be careful in passing any dish that the fingers do not touch the inside of the dish or the food.
22. Bread and crackers should not be soaked in soup or in a beverage.
23. Practice the "Golden Rule"; never criticize the food.
24. Cough or sneeze to one side when at the table, always using a handkerchief.
25. Toothpicks should never be used in the presence of other persons.
26. The soup spoon is dipped away from one and the soup sipped quietly from the side of the spoon.
27. Be on time so that all may sit down at the table together.

DISH WASHING

A 4-H club girl stated in her story that since she joined the club she had learned to like to wash dishes. It has been said there is joy in doing anything well. This may be the secret. She had learned to do her dishes so well that it was a real pleasure.

The following suggestions will not only help us to do this job well, but they will give us ideas for discussing dish washing in a demonstration.

Arrange dish pans so they are convenient and work at a comfortable height. On which side of the dish pan should the draining pan be placed in order to save unnecessary motions? When we wash dishes we hold the dish cloth in the right hand and the dish we are washing in the left. If the draining pan is placed at the left the dish can be placed into it with a shorter, easier motion than if it is placed at the right.

The sink or table should be high enough so that one may stand erect while working. If yours at home is not the proper height, what can be done to make it so? Think of other people who work at the same table. Perhaps Mother has placed blocks of wood under the legs of the table to make it the right height. Many sinks are too low. When this is the case, a pan or wooden rack may be placed underneath the dish pan.

Be sure the dish cloth is clean when you start washing because a greasy cloth will soil the water. We do not like to think of eating from dishes which have been washed with a dirty cloth. Rinse well after using, wring and spread out to dry, preferably in the sun. Scald the dish cloth often or have a good supply so that you can exchange for a clean one. Some people have two sets of dish cloths, one for table dishes and one for kitchen ware. The dish cloth should not be used for other purposes. Have another cloth handy to use in case of an accident when food is spilled on the floor or stove.

Rotary egg beaters, meat grinders, and some other equipment should not to be allowed to lie in the dish water because there is an oil on certain parts of them which should not be removed. They may be held in the hand so that only the soiled parts are washed. Wooden handles of knives and forks gradually soak loose if they lie in water.

1. **Scrape** the dishes well; stack them in neat piles to the right of the dish pan. Dishes may be scraped with a plate scraper or soft paper. Tissue paper may be kept in a convenient place for this purpose.

2. **Soak** dishes which are hard to wash. Use cold water for dishes which have held uncooked eggs, uncooked flour or starch, milk or cream. Use hot water for dishes which have held sugar or sirup, greasy food or most cooked foods.

3. **Wash** the dishes in hot, soapy water until they are clean. The water should be as hot as the hands can bear. Dissolve soap in a small amount of boiling water, then add cold water until it is the proper temperature. A soap shaker is convenient for using small pieces of soap. Do not leave the cake of soap in the water. Change the water often. Save later work by keeping the water from dripping on the floor.

The general order for washing dishes is as follows: glassware, silverware, china, and kitchen utensils.

4. **Rinse** the dishes in boiling water.

5. **Drain** dishes in order to dry them quickly. A wire rack which may be lifted out of the water or placed in a sink makes draining easier.

6. **Dry** glassware and silver with a dish towel. China need not be dried with a towel if it is rinsed in scalding water and well drained. It is surprising how much time can be saved in this way.

If possible, arrange so that the clean dishes may be placed in the cupboard without extra steps or extra handling.

Make a game of dish washing by noting the time it takes to wash the dishes; then try to beat your own time record. Reduce the time it takes, but improve the kind of work done.

WHICH GIRL DO YOU LIKE BETTER?

Martha started to wash the dinner dishes but dinner had been delayed. She was expecting her playmate to come any time. She finally put water in the potato kettle and left it on the table. There was a greasy ring around the dish pan which she placed over the kettle and then hurried away. Soon Mother came into the kitchen and wanted to use both of these utensils. As Martha rushed into the room, Mother said, "Martha, you left some dishes. Come and finish them." Martha frowned and said, "Well, Mother, it seems you're never satisfied with my work and anyway, I have company now."

Mary swept a part of the kitchen and hurried to the porch swing and started reading her new story book. Later she saw Mother get the broom and dust pan and sweep under the stove and kitchen table. She thought to herself, "My, how clean Mother likes to see the floor." She went into the kitchen and said, "Mother, I'm sorry I did such a poor job; next time I'll do it better."

*"Politeness is to do or say
The kindest things in the kindest way."*

Problem V---Picnic Supper---Salads---Sandwiches

ISN'T it fun to pack a lunch and eat out under the trees on hot days? How good everything tastes? Remember the food clock when you are planning what to prepare for the picnic or you may have too many rich foods.

Have you ever gone to a picnic and eaten fried chicken, ham sandwiches, stuffed eggs, baked beans, cake, pie, and ice cream? These are all good foods and foods that we enjoy eating out of doors, but do you think it is best to serve all of them in one meal? This is a good question to discuss in club meeting.

PICNIC SUPPER

To meet the requirements this month, you will be asked to plan a breakfast, dinner, and picnic supper which go around the food clock. It will be interesting to play the "Go shopping" game again. This time just go shopping for the picnic by placing the food pictures for your picnic supper in a small box or basket. First decide what you would like to have for your picnic; then plan the other meals for the day so that all three will help make the hand go around the food clock.

If you were going to help Mother prepare and serve these meals you would consult her about them. Whenever there are left-overs, it is economy to make use of them. However, this time you may play there are no left-overs and may include in your day's menus anything that is available this time of the year.

SUGGESTIONS

The "x" in the table below indicates which foods make the hand move around the food clock.

MENUS			Milk	Vegetables	Fruits	Meat, Eggs, Cheese, etc.	Whole Grain Products
Breakfast							
Graham	Mush	Cream			x		
	Milk		x				x
Dinner							
Potatoes	Chicken in Jackets	Gravy					
Whole	Wheat Bread	Buttered Beets		xx			
Apple	Pie	Butter Jelly			x	x	x
	Milk	Cheese	x				
Picnic Supper							
Lettuce	Fried Chicken	Potato Salad		xx		x	
Peace	Sandwiches	Cookies	x		x		
	Milk		x				
Number of Checks			4	4	3	2	2

The chicken may be fried at dinner time and the best pieces saved for the picnic. Extra potatoes may be boiled so that there will be enough left from dinner to make the picnic salad. (Potatoes have more flavor as well as food value when cooked in the skin.) Some chopped sweet pickle may be added to the potato salad. A simple way to prepare peach ice cream is to add sliced raw or canned peaches to each serving of plain ice cream.

SALADS

Salads offer a good opportunity to serve the raw fruits or vegetables which are on our food clock. They add freshness, color, and a pleasant acid flavor as well as food value to our meals. Salads are economical because we may use left-over foods in making them. Perhaps Mother has some salad dressing which you may use in making a salad or she may show you how to make the dressing.

The lettuce or other greens should be clean, crisp, tender, and fresh. Lettuce will stay crisp for some time if it is washed, wrapped in a damp cloth, and placed in the ice box.

Stainless steel knives are best for preparing fruits or vegetables for salad.

Cut pieces small enough to be eaten without further cutting. Cooked vegetables are usually cut in small cubes of uniform size. Raw vegetables such as cabbage or lettuce may be shredded. Raw carrots are grated. Gristle and extra fat are removed from meat.

Prepare salad materials in advance and keep them cold. Diced apples or bananas may be moistened with lemon or orange juice to keep them from turning dark.

Combine ingredients immediately before serving. When a salad is allowed to stand the dressing often becomes too thin and a crisp vegetable may wilt.

Avoid a mussy appearance by careful preparation and combining. Diced foods do not break up as easily as sliced ones. Mix by lifting lightly with a fork rather than by stirring with a spoon.

Before combining a salad, moist materials should be drained. Lettuce leaves may be placed between towels and pressed lightly to remove drops of water. Juicy fruits and vegetables make the salad dressing too thin.

Salad is attractive served on lettuce but the lettuce should not cover the plate or hang over the edge.

POTATO SALAD

Boil potatoes with skins on. When cold, peel and cut in $\frac{1}{2}$ inch cubes. Moisten with dressing and serve on lettuce.

Variations: Any of the following may be used for variety: A few drops of onion juice, a little chopped sweet pickle, chopped celery, diced cucumber, and cooked diced carrots or beets. Potato salad is often garnished with slices of hard cooked eggs. Shredded cabbage may be used instead of lettuce.

CABBAGE SALAD

Shred crisp cabbage, moisten with dressing and serve on lettuce.

Variations: Various fruits and vegetables combine nicely with cabbage. Those which add color and are especially attractive.

1. Add a small amount of sweet green pepper or pimento and chopped celery.
2. Add chopped raw carrots, and peanuts or cocoanut.
3. Add diced apple, pineapple or pears.

APPLE SALAD

Combine equal amounts of diced apples and celery. The peeling may be left on the apple to add color. Moisten with salad dressing. Place on lettuce and sprinkle broken nut meats on top.

SANDWICHES

We seldom think of school or picnic lunches without thinking of sandwiches. These suggestions will help us make them attractive.

The bread used for sandwiches is easier to cut if it is at least a day old. Use a sharp knife so the slices will be thin and of the same thickness. A variety of breads may be used as well as a variety of fillings. Whole wheat, graham, nut, rye, and brown bread all make delicious sandwiches.

Cream the butter by working it with a spoon until it is soft. This makes it easier to spread and also saves butter. A little salad dressing is added to some fillings. Add only enough so the filling is moist enough to spread; it should not soak into the bread. Spread filling on one slice of the buttered bread and place the other slice on it. Cut in convenient size and shape for packing in lunch box and for handling. Sandwiches that are prepared ahead of time may be wrapped in a damp napkin or oiled paper and kept in a cool place.

SANDWICH FILLINGS

Let us keep in mind our younger brothers and sisters when we are making sandwiches. They enjoy eating them and it is an attractive way to serve raw vegetables for at least one meal a day. Mix the finely chopped vegetables such as cabbage, carrots, lettuce or celery with creamed butter and make into small sandwiches. Chopped nuts are a nice addition to vegetable sandwiches. Try carrots and ground peanuts moistened with salad dressing.

What we use for sandwich fillings often depends upon the left-overs we have and it is interesting to try different combinations. Ask Mother about the amount of filling to make because a little filling makes a good many sandwiches. Here are a few other suggestions for fillings:

Sliced tomatoes and crisp bacon
Cottage cheese and chopped nuts
Hard cooked eggs chopped and seasoned.
Ground meat and pickle
Salmon with chopped celery
Ground dates and raisins
Ground nuts moistened with honey
Peanut butter moistened with honey

"Start up, keep up, finish up."

Problem VI.--Canning Fruits

YOU have probably seen mother do the canning and have often wanted to know more about it. Some of you may even have helped her. Your mother cans in the summer months so that you and other members of the family may have fruits and vegetables to eat during winter months. These canned foods are very useful for making meals more interesting, for providing a healthful diet, and also for preparing emergency meals when unexpected company comes. There are bacteria, yeasts, and molds in the air that cause spoilage of food. These organisms are so tiny they can be seen only with the microscope. For this reason your mother is very careful to clean the jar and to exclude air.

Wouldn't you like to know how to put food in a jar and have it look attractive and appetizing, and also keep? It is really lots of fun to can and your mother will enjoy having you help her.

EQUIPMENT FOR CANNING

Mother may want you to collect the equipment for canning, so this list should help you:

Jars, lids, rubbers

Kettle for cooking fruit (do not use tin or chipped enamel).

Jar filler.

Jar lifter for placing and removing jars from boiling water bath.

Small, clean cloth to wipe top of jar and rubber before sealing.

Wooden spoon.

Pans, paring knife, long-handled fork, measuring cup.

Water bath—wash boiler, deep kettle, or pail with tight-fitting cover.

Canner must be deep enough so the water will cover jars. It should be fitted with a rack or false bottom to protect the jars from direct heat from bottom and allow circulation of water around the jars. A rack of wire mesh at least three-fourths inch high, wire baskets which have raised bottoms, or a weighted wooden rack may be used.

PREPARATION OF EQUIPMENT FOR CANNING

Several types of jars are in use: screw lid, glass lid with bail, and metal lid with composition gasket. It is important that each jar be tested because if the seal is imperfect for any reason, products will not keep. Examine the jars and run a finger around the edge of the lid and edge and shoulder of the jar to detect nicks, cracks, and other flaws where sealing takes place. Place the lid on a flat surface to see if the edge is even. The rubber should not crack when folded; it should stretch and spring back, and should fit closely, requiring a little stretching to get it around the neck of the jar.

To Test Screw Lid Jars: Put hot water in the jar, place rubber lid in position, make a tight seal and invert the jar. Allow jars to stand inverted five or ten minutes to detect slow leaks. If the edge of the lid is sharp, it should be rubbed with a metal surface until dull so it will not cut into the rubber.

Screw lids that have been pried open often cause leaks. An uneven edge can sometimes be remedied by placing the lid on a flat surface and rubbing

the edge with the dull side of a knife blade until it lies flat on the table and touches at all points. Do not open the jar with a knife if you expect to use the lid again. If the lid does not turn, pull out the rubber or invert the lid in hot water.

To Test Glass Lid Jars with Bails: Place a rubber and lid on the jar, and put the wire in place over the top of the lid. If the bail does not go on with a snap when the side clamp or tightening lever is up, remove it from the jar and with the thumbs bend it down in the center as shown in Figure 13.

The ends of the bail usually need to be pressed inward before it can be replaced on the jar. This is done by holding the center of the bail firmly where it has been bent in the left hand, allowing the ends to stand up. With the palm of the right hand, bend in one end then turn the bail and bend in the other end enough that the bail will fit snugly on the jar. (See Figure 14.)

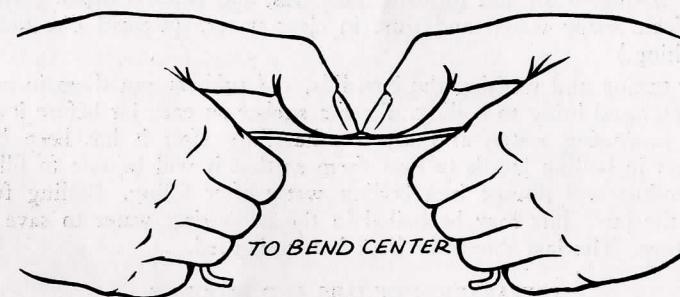


FIG. 13

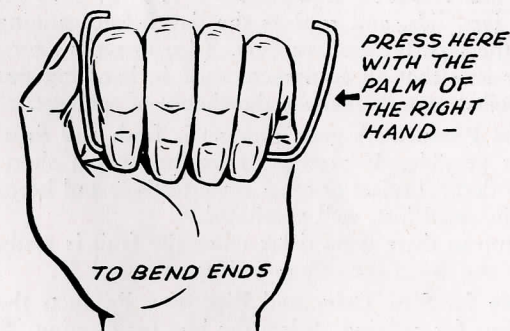


FIG. 14

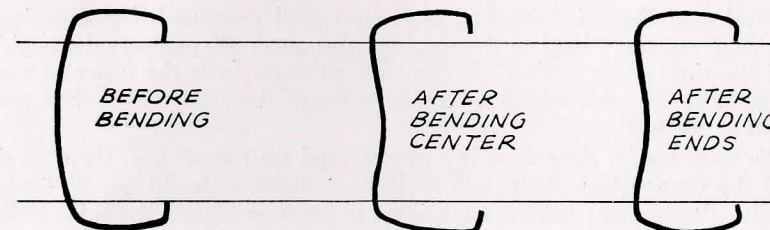


FIG. 15

Return the bail to the jar, put it in place over the top of the lid, and see if it goes into the groove with a snap. If so, put hot water in the jar, make a tight seal by pressing the tightening lever down, and test again by inverting the jar. If there is no defect in the jar or lid and the jar leaks, tighten the bail again.

If the bail is too tight, it should be loosened by bending in the opposite direction to that given for tightening. This testing of the bail should be done every time the jar is used for canning.

To Test Metal Lids with Composition Gasket: See that the rubber is not cracked or pulled away from metal lid. See that the rubber is gummy, not granular or hard. This type of jar cannot be tested with water because the composition gasket does not form a tight seal until it cools after the product has been canned.

After testing, wash and rinse the jars, lids, and rubbers thoroughly. Use warm, clean, soapy water, and rinse in clear water. (Reread directions for dish-washing.)

After testing and washing the jars, lids, and rubbers, put them in cold or warm water and bring to boiling. Place a rubber on each jar before it is put into the processing water, as this saves handling after it has been boiled. The object in boiling jars is to heat them so that it will be safe to fill with a hot product and plunge into boiling water after filling. Boiling further cleanses the jars. Jars may be boiled in the processing water to save space on the stove. The jars should be kept hot until used.

PREPARATION OF JARS AND PRODUCT

Prepare Jars and Assemble Equipment: It is often good planning to test, wash and rinse jars, lids, and rubbers the day before canning. Test, wash, rinse, and boil the jars, lids and rubbers. (See directions for preparation of equipment.) Be sure that all equipment used in handling products for canning is clean. Soiled utensils increase the chance of spoilage.

Select a Good Product: A good product is fresh and firm. Can as soon after picking as possible. If products must be kept a short time, remove any which show decay, bruises or other imperfections and keep the remainder in a cool place in small lots, well ventilated.

Make the sirup so there is no delay when the fruit is ready. See the proportion of sugar and water for different sirups on page 37.

Sort or Grade for Size, Color and Ripeness: Products that are best for eating are also best for canning. Select the best for canning. Some imperfect fruit may be used for jam or butter if the poor spots are removed.

Wash and Prepare According to Recipe: Soil contains living organisms which are especially hard to destroy; therefore wash all products thoroughly until the rinse water is clear. Remove the products from the water as soon as they are clean. Always lift the products out of the water rather than pour the water off of them.

To wash berries place them in a strainer and pour water over them gently until the water which drains off is clear. A strainer should not be loaded heavily. Peaches and apricots are scalded in order to remove the skins easily.

METHODS OF CANNING

The two most common methods of canning fruit and tomatoes are the open kettle and the boiling water-bath method. When the open kettle method is used the washed and prepared fruit is cooked in a kettle and then placed in a clean, hot jar and sealed. When the boiling-water-bath method is used the prepared fruit, either heated or unheated, is placed in a clean hot jar and then cooked in a kettle of boiling water. If your mother has a pressure cooker she may sometimes use it for canning fruit but it is more often used for non-acid vegetables and meats.

OPEN KETTLE METHOD

Drop the prepared fruit into boiling sirup. Boil gently to retain shape. Remove the scum which forms on the surface. Cook until the fruit is softened but not mushy.

Remove the jars one at a time from the boiling water. See that the rubber is in place and fill the jar brimful with the hot product.

Adjust the lid and make a tight seal.

Jar	Partial Seal	Tight Seal
Screw lid	Tighten lid; turn back $\frac{1}{8}$ inch.	Turn the lid until tight.
Glass lid with wire bail and clamp	Snap the top bail into place and leave the side clamp up. See Figure 16.	Turn the side clamp down See Figure 17.
Metal lid with composition gasket	Place the lid, press it down around the edge, and put on the wire clamp or screw ring.	Leave the clamp or screw ring on until the jar is thoroughly cold. With this jar a tight seal is formed as the jar cools.

Precautions: When the rubber curls press it down. Care should be taken that the hot jar is not placed on a cold, hard surface. If particles of the product remain on the rubber they should be wiped off. Pack containers quickly so that precooked food remains hot. Use a sufficient proportion of liquid to solids to prevent too dense a pack, and work out air bubbles with a knife blade or spatula.



FIG. 16 FIG. 17

BOILING-WATER-BATH METHOD

The fruit may be packed in the jars either raw or partially cooked. Pre-cooking means cooking for a short time before placing in the jar. It removes the air and shrinks the product so that the jar is fuller when the canning is finished. Remove jars one at a time from the boiling water. See that the rubber is in place.

In packing raw fruit, fill the jar with fruit and then pour boiling hot sirup over it to within $\frac{1}{2}$ inch of the top of the jar. Partially seal and process in the boiling water bath. After processing remove the jars from the boiling water bath and seal.

In precooking or partially cooking the fruit, fill the jar the same as in the open kettle method except that $\frac{1}{2}$ inch of space is allowed in the top of the jar. If partially cooked the product is packed boiling hot.

Seal completely (see above table) and process in a boiling water bath. When all of the jars are in the boiling water bath see that the level of the water comes over the lids about 1 or 2 inches. Be sure jars are far enough apart and that the rack on which they are supported is so arranged that the water can circulate freely under and around the jars. Count time as soon as the water begins to boil vigorously. Keep the water boiling during the full processing period, and as soon as the processing time is up remove the jars from the water one at a time and seal tightly at once, unless they were completely sealed before processing.

CARE OF JARS AFTER PROCESSING

Cool, avoiding cold drafts. Place the jars right side up far enough apart so they will cool quickly. Do not cover with a cloth, as this retards cooling. Do not disturb the seal after the product is cold.

Label with the date of canning.

Examine the jars from time to time for a week to 10 days to be sure that they are keeping. If any show signs of spoilage, examine all of the lot carefully.

Store in a cool, dry place, and protect glass jars from light so that the food will not fade in color.

SCORE CARD FOR CANNED VEGETABLES AND FRUITS

Flavor and odor are important factors in judging vegetables and fruits. However, when it is not advisable to open jars, only the first four divisions of the score card are used. Multiply each of the first four divisions by two to get total score when jars are not opened. Only in extreme cases is it advisable to open club members' jars as this would bar them from exhibiting the products again.

1. Container 5
 - Clean, clear glass—specified size—tight seal
 - Attractive, neat labels
 - Tin container—bright, ends flat or slightly concave
 - Uniform jars and labels in exhibit—labels uniformly placed
 - No swelling or bulging
2. Pack 10
 - Full but not crowded
 - Size—convenient for serving
 - Arrangement—attractive
 - No foreign matter as sand, grit, corn silk, unnecessary bits of stem, seed, core, pit, leaf, etc.
3. Liquid 10
 - Right proportion of liquid to be served with the product
 - Should cover product and practically fill jar
 - As clear as possible, considering the product

Appropriate color and consistency:

Not discolored, mushy, or unnecessarily cloudy.

No bubbles indicating spoilage

4. Appearance and texture—judged before opening..... 25

Color—characteristic of cooked product:

Not unnecessarily blanched or darkened

Quality—good original product, canned at proper state of maturity:

Not under-ripe, over-ripe, tough, hard, woody, or stringy

Firm with no defects

Shape—well preserved, not over- or under-cooked, frayed or mushy

Texture—more accurately judged by tasting

Uniformity—size of pieces uniform, uniform maturity

5. Flavor and odor—judged after container is opened..... 50

Pleasing flavor—characteristic of fresh cooked product

No suggestion of staleness, under- or over-ripeness, under- or over-cooking, or spoilage

Total.....100

CHANGE OF TIME FOR HIGHER ALTITUDE

The times given in this table for processing in a boiling water bath apply only to places with altitudes of 1,000 feet or less. If the altitude is over 1,000 feet, increase the time 10 per cent for each additional 500 feet.

SIRUPS

Sirup	Proportions sugar and water
Light	$\frac{1}{2}$ c. sugar to 1 c. water
Moderately light	$\frac{1}{2}$ c. sugar to 1 c. water
Medium	$\frac{3}{4}$ c. sugar to 1 c. water
Moderately heavy	1 $\frac{1}{4}$ c. sugar to 1 c. water
Heavy	1 $\frac{3}{4}$ c. sugar to 1 c. water

CANNING FRUITS WITHOUT SUGAR

"Sugar may or may not be added, as desired, in the canning of fruits. The shape, color, and flavor of the fruits are retained better when some sugar is added. Fruits for pie making are commonly canned without sugar. Juicy fruits, such as berries, cherries, currants, and plums, should be canned in their own juices when sugar is omitted. Water is not required. Extract the juices from the riper fruits by crushing, heating, and straining. Pack the remaining fruits closely into containers without preheating, and add boiling hot juice to cover. Partially seal the glass jars and process, or give the fruits a short precooking, such as simmering 2 to 4 minutes, pour into containers at once, seal, and process.

The less-juicy fruits, such as apples, peaches, and pears, when canned without sugar require the addition of water. To preserve the natural fruit flavor use a minimum amount of water. Follow the usual directions for canning, substituting water in place of the sirup.

PROCESSING FRUITS

Product	Preparation after washing	Kind of Sirup	Water bath, minutes pt. or qt. jars ¹
Apples	Pare, core and cut to size desired. To prevent discoloration place in solution (½ tablespoon each of salt and vinegar to 1 qt. water.) Precook 5 min. in boiling sirup. Pack and cover with boiling sirup.	Light	15
	With stewed or baked apples, fill the jars with boiling hot products.		5
Apricots	Peel if desired. Halve and pit or leave whole. Pack raw, cover with hot sirup.	Medium	25
	Precook and pack hot.		15
Berries, except strawberries	Remove caps and stems if required. Pack in jars (Gooseberries)	Heavy	
	Cover with boiling sirup (others)	Medium	20
	Precook and pack hot.		5
Cherries	Pit. Save juice for making sirup or to can as juice. Pack raw and cover with hot sirup. (Sour cherries)	Heavy	
	(Sweet cherries)	Medium	25
	Add sugar as desired and pack hot.		5
Fruit Juices	Crush fruit. Heat slowly, strain, and put into jars		30 at 180° F.
Grapes	Pack raw. Cover with hot sirup.	Medium	20
	Precook and pack hot.		5
Peaches	Scald, dip in cold water, and peel. Cut as desired. Pack into jars. Place halves pit side down. Cover with hot sirup (will shrink)	Light or	Soft 25 Firm 35
	Precook and pack hot.	Medium	15
Pears	Select slightly under-ripe pears. Peel, cut in halves and core. To prevent discoloration place in a solution (½ tablespoon each salt and vinegar to 1 qt. water.) Cook 4 to 8 minutes in boiling sirup and pack hot.	Medium	20
Plums	Prick skins to prevent bursting. Pack, cover with boiling sirup.	Medium	20
	Cook with sugar to taste, and pack hot.		5
Rhubarb	Cut into half-inch lengths. Precook until soft in sirup and pack hot.	Heavy	5
	Add one-fourth as much sugar as rhubarb by measure, and bake until tender in a covered dish. Pack hot.		5
Strawberries	Cover with sirup. Let stand in sirup several hours. Reheat, fill jars and seal. To each quart of berries add 1 cup sugar. Bring slowly to boiling and let stand over night in kettle. In the morning bring to boiling and fill jars.	Medium	5
			5

¹ When half-gallon glass jars are used for canning fruits and tomatoes, add 5 minutes to the processing time given for pint and quart glass jars.)

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INDEX OF TOPICS

	Page		Page
Abbreviations	9	Picnic Supper.....	29
Arithmetic Problems.....	9	Processing fruits	38
Baking Powders.....	9	Serving	17
Canning Fruits.....	32	Score Card for Quick Breads and Cookies.....	7
Canning Without Sugar.....	37	Score Card for Canned Products.....	36
Courtesies	25	Salads	30
Dishwashing	27	Sandwiches	31
Double Boiler, Using a.....	10	Sugar Savers.....	10
Food Clock.....	1	Supper Menus.....	21
Getting Ready to Cook.....	7	Things to Remember when Cooking.....	10
"Go Shopping" Game.....	22	Vegetables, Boiling.....	14
Judging	6	Vegetables, Preparing.....	13
Laying the Table.....	15	What Would You Do?.....	23
Measure, How to.....	7	Which Girl do you Like Better?.....	28

RECIPES

Cake and Frosting		Meat (continued)	
Hot water sponge cake.....	25	Meat loaf.....	20
Spice cup cakes.....	24	4-H Meat pie.....	20
Upside down cake.....	25	Muffins	6
Powdered sugar frosting.....	24	Pudding, Chocolate cream.....	4
Cheese		Salads	
Cheese toast	21	Apple	31
Macaroni and cheese.....	21	Cabbage	30
Cookies	4	Potato	30
Custard, Baked.....	19	Sandwich fillings.....	31
Eggs		Vegetables	
Soft-cooked	19	Cream of potato soup.....	13
Hard-cooked	19	Five minute cabbage.....	15
Scrambled	19	Variations of boiled vegetables.....	15
Meat		White sauce.....	21
Bacon	21		
Brown stew.....	20		

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(6-33-5M) (8-35-5M) (5-37-7½M) (6-39-10M) (5-42-10M)